

SAMPLE SESSION



Wholeheart
MINISTRIES

6+ YEARS



SESSION 1: MY PRECIOUS HEART AND MY FEELINGS

EXPLORATION:

This session helps children understand that their hearts are special and deeply loved by God. They will learn that God cares about everything they think and feel. They will learn that talking to Jesus about their feelings helps to "set them free."

OBJECTIVES:

1. Children will understand that their hearts are special and precious to God.
2. They will learn that God cares about their thoughts and feelings.
3. They will discover that talking to Jesus about their feelings can bring peace and freedom.

KEY SCRIPTURES:

- Proverbs 4:23 (NLT) "Guard your heart above all else, for it determines the course of your life."
- Proverbs 4:23 (NIV) "Above all else, guard your heart, for everything you do flows from it."
- Lamentations 2:19b "... Pour out your heart like water before the face of the Lord"
- Psalm 56:8 (NLT) "You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book."

ICEBREAKER: My feelings matter/ Heart Toss

To help children open up about their feelings and understand that their hearts matter to God.

Materials: A heart shaped cushion, soft ball (or something easy to throw), a list of simple feeling prompts (happy, sad, scared, excited, lonely, thankful, etc.)

Instructions:

1. Children sit in a circle.
2. The leader tosses the heart/ball to one child and calls out a feeling (e.g., "happy"). The child who catches it shares something that recently made them feel that way.
3. Then they toss the heart/ball to another child, and the leader calls out a new feeling. Continue until everyone has had a turn or time allows.
4. Conclude by explaining that just like we shared these feelings with each other, we can always share our hearts and feelings with Jesus. He listens, and He cares."

SESSION OUTLINE:

Begin by reading Proverbs 4:23. Explain that when the Bible talks about our "heart," it means the deepest part of us (as a whole) –our thoughts, feelings, choices. It's who we really are, deep down. Share that God created us in His image, which means God made our hearts like His – we are capable of great love and a wide range of feelings. Refer to the different feelings mentioned in the Icebreaker ask them to re-share and ask them what made you feel that way?"

God's Heart and Our Heart: Explain that God's heart is huge and full of love for us. Because He loves us so much, He also has many feelings, just like we do. When good things happen to us, He is happy; when we are sad or hurt, He is sad too. He genuinely cares about how we feel, what we think, and He knows us better than anyone.

Feelings are Like Butterflies:

Read Lamentations 2:19b: "Pour out your hearts like water to the Lord." Explain that this verse tells us how God wants us to deal with our feelings. Introduce the analogy: "Feelings are a bit like butterflies: they need to be set free." This means that when we keep our feelings bottled up inside, they can feel trapped and heavy. But the way to "set our feelings free" is by talking to Jesus about them. We tell Him everything – the good things and the bad things that happened, and exactly how they made us feel. He loves to listen to us.

The Gift of Tears:

Share that God gave us the ability to cry and it is another God-given way to release our feelings. The Bible says our tears are precious to Him. Read Psalm 56:8 (NLT): "You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book."

Show children a bottle full of water as an example of God's bottles filled with his children's tears. This shows how much He values even our tears.

Praying When Horrible Things Happen:

Reassure children that talking to Jesus, even though we can't see Him, is real and important. He is always there and will never leave us alone.

Activities:

Option 1: "Feeling Faces" Drawing

Materials: Paper, markers, pre-drawn outlines of faces (or children draw their own).

Instructions:

1. Give each child paper and crayons and ask them to think about different feelings they've had today or recently.
2. As they name feelings (happy, sad, angry, scared, worried, excited, etc.), draw or have them draw faces expressing those emotions on the paper. For each feeling, ask: "What made you feel that way?" and "How can we tell Jesus about this feeling?"
3. Emphasize that Jesus understands and cares about all these feelings, not just the happy ones.

Option 2: "Heart Jar" of Feelings & Prayer Partner

Materials: A clear jar (representing their heart), small slips of paper, pens/markers.

Instructions:

1. Provide a clear jar and small slips of paper. Explain that sometimes feelings get "trapped" inside our hearts. Have children write or draw a feeling they've had recently on a slip of paper and put it in the jar.
2. Explain that when we pray, we can "pour out" our feelings to Jesus. Guide children to find a quiet spot and take a slip of paper from their jar.
3. Explain to them that we are about to "talk to Jesus" about that feeling, telling Him what happened and how it made them feel,

MINISTRY TIME

Help the children identify any words spoken or experiences that may have been trapped or buried down in their hearts. Encourage them to speak about their emotions, as this helps them release pain and invite God's healing. Be sensitive to the Holy Spirit, asking for guidance to the children powerfully and effectively.

Dear Lord Jesus,

I open up my heart to You. If there are any feelings trapped inside my heart, please help me to let them go. I want to tell You about my day... (Pause and encourage children to quietly share what happened and how they felt, telling Jesus about the good things and the bad things.) Thank you that you love me and that you care about every little detail in my life, the big and small things. Thank you for healing my heart. Amen

Allow the room to settle: Suggest to the children "Let's take a quiet moment to let the room settle". Some hearts might be feeling tender, and giving space before we move on helps the children care for themselves and each other well."

SALVATION CALL:

Give the children an opportunity to give/ rededicate their lives to God. This can be repeated each session to allow every child (or newcomers) the opportunity to accept Jesus.

3-2-1-HEART CHECK:

(You can make this fun by counting down with the children and then shout heart check e.g. "It's heart check time....Three, two, one....HEART CHECK!")

THREE – Reflective questions

1. Why do you think God cares so much about your heart??
2. How does it help you when you talk to Jesus about your feelings—even the hard ones?
3. If your feelings are like butterflies, which one do you need to let fly free and talk to Jesus about today? (It could be a happy one or a hard one— He wants to hear them all!)

TWO– Scriptures or declarations

1. Declaration: I give all my worries and cares to Jesus, because He cares for me. (1 Peter 5:7)
2. Declaration: Jesus cares about every feeling I have. I can talk to Him anytime, and He will help me. (Based on Psalm 139)

ONE - Prayer:

Dear Lord Jesus,

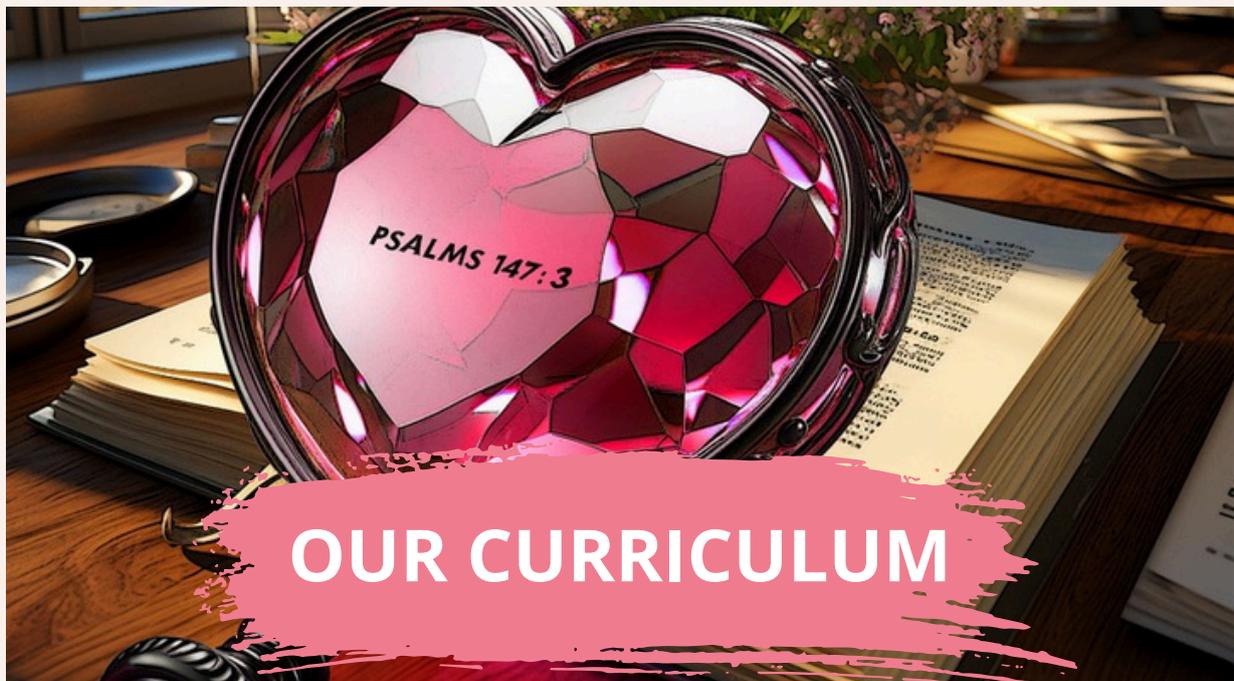
Thank You for loving me. Thank You that You care about me and how I feel at all times.

Thank You that You will never leave me on my own. Thank You that I can talk to You about anything, anytime I want. Thank you that Your love keeps me safe and protects me. I love You. In Jesus' name I pray. Amen.

TAKEAWAY:

Remind the children of these 5 practical steps for praying (you can use actions/sounds to make these steps memorable):

1. Find a quiet place where they can be alone.
2. Tell Jesus what happened and how it made them feel.
3. Encourage them to ask Him to "wrap them up in His love."
4. Explain that it's okay to cry while talking to Jesus.
5. Picture Jesus right beside them as they pray.



Welcome to our Curriculum. It is dynamic and Holy Spirit-led, designed to help children discover their God-given identity and walk in the fullness of who they were created to be.

This curriculum is created to partner with the Holy Spirit, teaching and equipping children to stand strong in their freedom, joy and everything God has for them.

SESSION PLAN

Each week's session follows a plan designed to create an atmosphere for the children to receive from God and to draw out the gold from every lesson. Below, we set out the key sections that form one complete session. Let's work through the plan together to help equip you for your weekly session....

EXPLORATION: Introduces the topic to be explored and outlines the key points.

OBJECTIVES and TONE: Outlines the goals and outcomes for each session and provides guidance on the tone to adopt throughout the session.

KEY SCRIPTURE: This is the main scripture for the session. Reading several days before and reading in different versions may help for deeper insight.

ICEBREAKER: Activities created to introduce the exploration topic, help children to get comfortable and to open up and share.

HEART RECAP: A summary of the session using simple memorable bullet points.

SESSION OUTLINE: The core of the session, combining Scriptures, activities and context related to the topic.

MINISTRY TIME: After each session, there will be time for children to connect with God, express their feelings (including hidden hurts) and to receive healing. Encourage them to speak about their emotions, as this helps them release pain and invite God's healing. Be sensitive to the Holy Spirit, asking for His guidance to minister to the children powerfully and effectively.

To help guide ministry time, use this 4-step process: "S.T.O.P" created to help the children open their hearts to receive.

S - STOP: Help children to be still, lifting their hands ready to receive from the Lord.

T- THINK: Ask them to reflect on anything that made them sad, angry or upset.

O - OPEN: Encourage the children to allow the Holy Spirit to search their hearts and to reveal any hidden hurts. (Remind them that the Holy Spirit knows them).

P - PRAY: Invite the children to 'pour out their pain' by telling the Holy Spirit about how the memory/incident made them feel. Then lead the children in prayer, and pray for each child to be filled up with God's love.

SALVATION CALL: In each session give the children an opportunity to give/ rededicate their lives to God. This can be repeated in each session to allow every child (or newcomers) the opportunity to accept Jesus.

3-2-1 HEART CHECK: This is designed to recap key points of the session and includes:

- THREE** - Reflective questions
- TWO** - Scriptures or declarations
- ONE** - Prayer

Bonus: You can make this fun by counting down with the children and then shouting heart check e.g. "It's heart check time....Three, two, one....HEART CHECK!"

Takeaway: This may include an activity, homework or something similar to help children remember the lesson learnt from the session, throughout the week.

PRAYER TEMPLATES AND MINISTRY EXAMPLE

Here are some examples and templates of different styles of prayers created to help you.

POURING OUT PAIN PRAYER TEMPLATE

This style of prayer is used to help the children open up and recognise their pain, so that they can pour it out and give it to their Heavenly Father.

Dear Daddy God,

Thank You that You love me, and You care about the things that make me feel sad. It upset me when [share experience of what hurt them] and it made me feel [share emotion sad/angry/upset/confused/lonely].

Please take away the [pain/sadness/heaviness], bring Your healing power and heal my heart. I give you my [emotion: anger/sadness/loneliness]. Amen.

SALVATION CALL PRAYER TEMPLATE

This prayer is for children who want to accept Jesus as their Lord and Saviour (Best Friend).

Dear Lord Jesus,

Thank You for loving me. Thank You that You have a special plan for my life. I ask You to come into my heart today and be my Lord and my Best Friend. Please forgive me for all the wrong things I have done. Thank You for forgiving me when I say sorry.

I give my life to You, and I want to follow You always. Please help me to love You, listen to You, and walk in Your ways every day. In Jesus' name. Amen.



MINISTRY TIME (WORKED EXAMPLE)

Johnny remembers last week at school he got really upset that he did not have anyone to play with during lunchtime break/recess.

Before leading him in prayer, you may ask Johnny these questions to help him express and pour out how he felt:

- What happened?
- I'm so sorry that happened to you – did you find it difficult? Why?
- How did it make you feel?

By asking questions, you help Johnny identify any hidden hurts and put language to his experience.

Once Johnny has shared how he felt, lead him in prayer. You may use the prayer template (below) for guidance – however, when praying always be led by the Holy Spirit.

Dear Jesus,
It made me feel really sad and lonely when I had no one to play with. It made me feel like I was not good enough and that no one wants to be my friend, it made me feel really alone....

MINISTRY TIME (WORKED EXAMPLE CONTINUED)

Now that Johnny has poured out his pain, we are going to fill that void with the love of God through prayer and biblical declarations.

Dear Jesus,

Thank You that You love me, and that You chose me before I even knew who You were. Thank You that You promise never to leave me, and You always keep your promises which means I am never alone. Thank you that You care about the things that make me sad and that You have good plans for me. Thank You that You want me to have good friends. Help me to remember that I am never alone and that You are always with me.

DECLARATIONS

With your encouragement Johnny should now make some bold strong declarations (you can get him to repeat after you if that helps.)

I Declare:

“I am never alone because God is always with me.” - Hebrews 13:5

“When things make me upset I can go to God because He cares for me.” - 1 Peter 5:7

“God made me special, and He has a good plan for my life.” - Jeremiah 29:11

“When the enemy/Satan tries to make me sad/angry/disappointed, I know God wants to heal my heart and make me feel better.”

Ask Johnny how he’s feeling, noting some children may feel lighter and happy soon after, while others may take time to process their emotions.



F.I.G.H.T FOR FREEDOM

F.I.G.H.T FOR FREEDOM

This acronym will help the children get the best out of this curriculum and to equip everyone to stand strong, like soldiers, for their freedom in Christ.

F – Foster Connection

Make sessions personal and relatable through real-life stories and personal testimonies, that help the children understand their identity in Christ.

I- Involve Through Interaction

Children learn best through hands-on activities, games, and discussions. Incorporate role-playing, crafts, and storytelling to reinforce key identity principles. This provides creative ways to bring healing and identity teachings to children.

G- Give Space for Expression

Create a safe, judgment free environment where children feel valued and free to share their thoughts and emotions openly.

H – Highlight Truth with Scripture

Anchor sessions in the Word of God, using memory verses to strengthen their understanding of their identity in Christ.

T – Team up in Prayer and Community

Prayer and community are powerful tools. Pray over children and involve families through community platforms to extend learning and support beyond the session. You can create a private Facebook community or WhatsApp group where you share the session topic and key scriptures with parents/guardians and any testimonies too.